



**For Immediate Release
December 29, 2005**

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**MASSACHUSETTS DEPARTMENT OF CONSERVATION AND RECREATION
OFFERS ACCESSIBLE WINTER RECREATION OPPORTUNITIES**

The Massachusetts Department of Conservation and Recreation (DCR) will offer a variety of adaptive recreation opportunities this winter at locations throughout the state. People with disabilities and their friends and families are all invited to participate; the activities will be held primarily on weekends in January, February, and March. These activities will be offered through DCR's Universal Access Program (UAP), and will include ice skating, cross-country skiing, snowshoeing, kick sledding, and more (*the entire list of activities is listed below*).

The Universal Access Program provides recreational accessibility to state and urban park facilities for individuals with disabilities, their families and friends. For those persons with disabilities, free use of accessible equipment, such as sit skis and ice sleds, as well as staff assistance, is available. The program also offers accessible cycling, boating, hiking, horseback riding and camping opportunities at state and urban parks across the Commonwealth in the summer and fall. Skilled instructors and volunteers provide equipment, instruction, support and safety.

The Universal Access Program strives to increase the participation among persons with disabilities and improve the indoor and outdoor recreational activities in integrated settings. "Our Universal Access Program is one of the most innovative and groundbreaking programs in the nation," said DCR Commissioner Stephen H. Burrington. "It has helped to make our state and urban park recreation programs more inclusive, so that people with disabilities can participate independently or with their friends and families in a wide variety of activities."

For additional information on DCR's Universal Access Program and a schedule of activities, go online to http://www.mass.gov/dcr/universal_access/index.htm or call 617-626-1294 or 413-545-5353 (voice) or 413-577-2200 (TTY).

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SEE SCHEDULE OF ACTIVITIES BELOW

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COMMONWEALTH OF MASSACHUSETTS · EXECUTIVE OFFICE OF ENVIRONMENTAL AFFAIRS

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Mitt Romney
Governor

Kerry Healey
Lt. Governor

Stephen R. Pritchard, Secretary
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Stephen H. Burrington, Commissioner
Department of Conservation & Recreation

**COMMONWEALTH OF MASSACHUSETTS
DEPARTMENT OF CONSERVATION AND RECREATION
UNIVERSAL ACCESS PROGRAM WINTER PROGRAM SCHEDULE**

WINTER CARNIVALS

Greenfield Winter Carnival	Friday-Sunday, January 27-29
Hitchcock Center Winter Festival in Amherst	Saturday, February 4.

CROSS-COUNTRY SKIING, SNOWSHOEING, KICK SLEDDING, ETC.

Weston Ski Track in Weston	Sundays: January 29, February 5, 12 and 19 from 11AM-3PM
Blackstone River Heritage State Park	Sundays: January 15, February 19 from 11AM-3PM
DAR State Forest	Thursday, February 23, Sunday March 5 from 11AM-3PM
Great Brook Farm	Thursdays: February 16, March 2 from 3PM-7PM
Mt. Tom Reservation	Sundays: January 8, February 5 and Wednesday, February 22 from 11AM-3PM
Pittsfield State Forest	Sunday, January 22 from 11AM-3PM
Wendell State Forest	Saturdays: January 7 thru February 25 from 11AM – 3PM (Includes snowmobiling)

INDOOR ACCESSIBLE SKATING PROGRAM SCHEDULE:

Brockton	Saturdays: January 7, 21 and February 4, 18, 2:00-3:50PM
Greenfield	Friday, January 27, 11AM-1PM and Saturday, February 11, 2-4PM
North Adams	Sunday, February 12, 19, 4-6PM
Medford	Sundays: February 26 and March 12, 12:00-1:50PM
Quincy	Sunday, March 5 and Saturday, March 18, 2:00-3:50PM

★NEW PROGRAM LOCATIONS:

Medford: Flynn Memorial Rink, Woodland Rd. Medford, MA 02155, 781-395-8492
Quincy: Shea Memorial Rink, 351 Willard Street, Quincy, MA 02169 617-472-9325

Pre-registration is required. Call about volunteer opportunities.

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